



September 7, 2009 – Grand Rapids, MI

## Labor Day

If you work in any way, I hope you have a great Labor Day. After spending most of this day working in the yard, planting trees and shrubs, and moving perennials, I especially want to express my gratitude for those people who are in farming of any kind. It's tough labor and I thank you for it.

This also signifies the end of summer and a time to get back to work. Let's have a great year in work and especially in our health.

What are you prepared to do today?

*Dr. Chet*

---

### **WGUV** Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sundays in the Eastern Time Zone on WGUV-FM 88.5 or 95.3.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC**